

# DEFINITION

FORT BUCHANAN, PUERTO RICO  
JUNE 2009

DIRECTORATE, FAMILY AND MORALE, WELFARE AND RECREATION



## Fort Buchanan 4<sup>th</sup> of July

A  
FAMILY  
EVENT

### A Grand Celebration!

Featuring:

★ Grupo Manía

★ Tito Nieves

★ Zion and  
Lennox

See  
inside...

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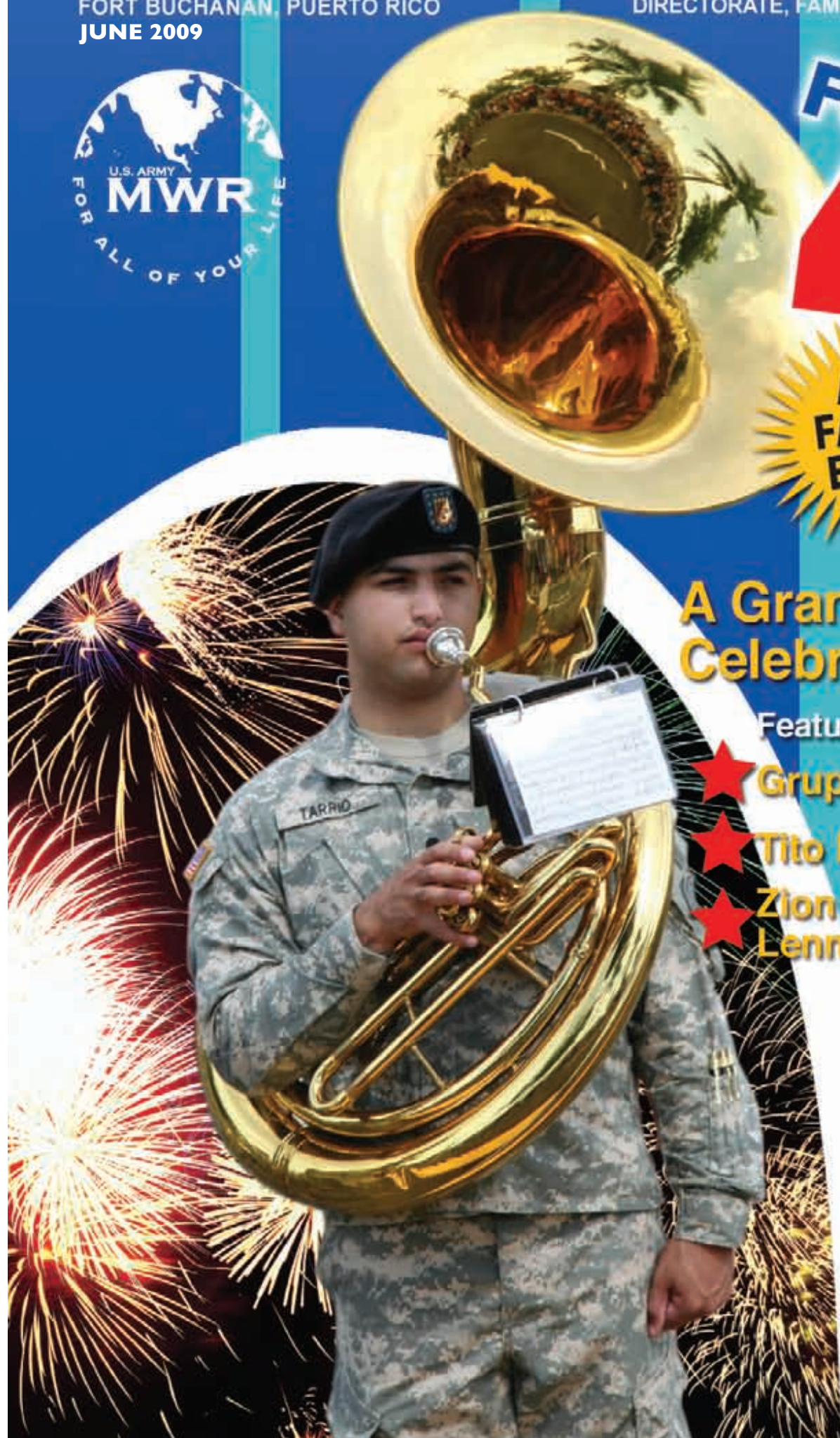
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## Recent Happenings



An Image Transformation Seminar held at the Community Club and Conference Center on 6 May offered attending military Spouses valuable tips for personal and career enhancement.

Fitness, nutrition, personal care, and great appearance for a successful "first impression" were among the subjects presented in the seminar. This was one of many upcoming efforts by Army Community Service to support the needs of our military Spouses and Families.

For information on available resources for Military Spouses please call 787-707-3804/3948 or email: maria.m.hernandez@us.army.mil

A special thanks to AAFES for their participation in the event.



Watch for **Army Birthday Events** coming up during June at DFMWR facilities! A celebration to show how much we appreciate our Soldiers and Families...



### The Sports and Fitness Center's 5th Annual Health Fair

The Sports and Fitness Center's 5th Annual Health Fair was held on April 28th with the participation of community members that took home lots of information on "Wellness".

Photo at right: information being provided to visitors; photo above: Mr. Luis Robles, Sports Director, and Juan Sanfeliz, Sports Specialist.



### Military Spouses Recognized by Army Community Service



Thank you to our Armed Forces Day Sponsors...



#### Directorate, Family and Morale, Welfare and Recreation

• Mr. Dallas J. Petersen, Director  
T: 787-707-3530/ 3604 • Bldg 390

**DFMWR Admin. Officer:**  
Elaine Hardrick • T: 787-707-3135

**Business Operations Division**  
Chief: Jerome Hesby •  
T: 787-707-3373/3980 • Bldg. 390

**Community Recreation Division**  
• Chief: Ms. Mara Clemente  
T: 787-707-3301 • Bldg. 390

**Child, Youth & School Services**  
• Chief: Dr. Irma Julia  
T: 787-707-3399 •  
Bldg. 1020-A Buchanan Heights

**Army Community Service**  
• Chief: Mr. Rafael Gilestra •  
T: 787-707-3292/3709/3804 •  
Bldg. 1019-A, Buchanan Heights

#### A World of Opportunities to reach the Military Market in the island...

##### For Commercial Sponsorship and/or Paid Advertising:

Marketing, Advertising & Commercial Sponsorship office:  
T: 787-707-3716/3703/3711  
F: 787-707-3715 or E-MAIL:  
neysa.maldonado@us.army.mil or  
hilda.jannette.yambo@us.army.mil

This is an unofficial publication produced by Marketing Advertising & Commercial Sponsorship, Fort Buchanan, P.R.

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**DFMWR joins the  
Year of the NCO Celebration  
with monthly specials  
for our NCOs**



## For Our Soldiers



### During June:

#### **Automotive Skills Center:**

Free Diagnostic Test for all E-9

**Outdoor Recreation:** 10% off all Equipment Rentals for all E-5 and CPLs

**Bowling Center:** Three (3) Free Bowling Games (shoes included) for all E-6

#### **The WaterSpout**

Free daily pass for E-5 and (2) guests

**Golf Course:** Free Golf Clinics for all E-7

#### **Fitness Center:**

Free Fitness Assessments for all E-8

**Community Club and Conference Center:** Buy (2) lunches and get (1) one free for all E-9

### Relocation Readiness

#### **Health Info Tour**

Thursday, 4 June, 8:30 am -12:45 pm. This is a mandatory tour for all newly arrived Soldiers, and Family Members are highly encouraged to attend. A briefing from TRICARE and the Health Clinic staff from 8:30 - 9 am is followed with a drive-by tour to local hospitals and Clínica Las Américas.

#### **SPA and Fashion for Military Spouse • Manicure and Pedicure**

Saturday, 6 June, 9 am - 12 noon, ACS, Bldg. 1019, Buchanan Heights.

#### **Cross-Cultural Adaptation Trip to the Aibonito Flower Festival**

Friday, 26 June, 7 am - 5 pm, leaving from the Welcome Center, Bldg. 152. Experience the famous "Festival de las Flores". See a variety of tropical flowers, plants, arts & crafts at this traditional festival. Also, an opportunity to enjoy typical music and food. Reservations are required.

For reservations & more information call Ms. Adria Lucca, 787-707-3682/3697 email: adria.lucca@us.army.mil

#### **Financial Readiness Program Classes**

- Planning and Budgeting, Friday, 12 June
  - Too Good to Be True- protect yourself from consumer fraud, Friday, 26 June
- Classes from 10 - 11:30 am at ACS, Building 1019, García Street, Buchanan Heights.  
Please call Ms. Arlene Romero for class schedules at 787-707-3310 or email: arlene.romero@us.army.mil

#### **Army Family Team Building**

For information call Mr. Ernesto Berrios at 787-707-3290/ ernesto.berrios@us.army.mil



### Learn more about... Ticket to Work Federal Program

Conferences on Friday, 26 June at the Community Club and Conference Center, starting at 8 am.

- What is the Ticket to Work Federal Program?
- The Options of Small Businesses in the Ticket to Work Law.
- Technology Assistance in the Ticket to Work Law.
- Integrated Approaches and Visions Towards Present Employment Searches.

For more details call EFMP at 787-707- 3295 or e-mail: raymond.morales@us.army.mil

### Exceptional Family Member Program

Bldg. 1019, García Street, Buchanan Heights, 1:30 pm. For information please call 787-707-3292, or email: raymond.morales@us.army.mil

### Army Volunteer Corps

To become a volunteer call at 787-707-3365/3804 or visit Bldg. 1019, García Street, Buchanan Heights.  
Email: ivette.davila@us.army.mil  
maria.m.hernandez@us.army.mil

### Employment Readiness Program

Employee Readiness Program will continue providing assistance on career orientation, resume writing, interview skills and guidance on the Army Spouse Assessment Tool (ASCAT) and the new funding assistance of

#### **Army Spouse Career Advancement Account Program**

For individual or group session appointments visit ACS, Bldg. 1019, Buchanan Heights, Mondays through Fridays from 7 am - 2:30 pm or call 787-707--3365. ID Card is required.



### INFORMATION & REFERRAL

The backbone of all Army Community Services programs. ACS maintains extensive resource listings for the military and civilian community. It is a good place to start for any type of help you may need.

#### **ELIGIBILITY FOR PROGRAM:**

U.S. Military, Retirees, DOD Civilians, and Family Members. Some of our resources include information on:

- Child care
- Financial Matters
- Employment
- Nearest WIC Office
- Numbers for Immigration and Naturalization
- Education
- Counseling
- Food Assistance and so much more. ..

We are here to get you the information and the help you need. Questions can be answered by calling 787-707-3804/3948 or emailed to maria.m.hernandez@us.army.mil

### Family Advocacy Program Classes for June

#### **What Everyone Should Know about Stress Class**

Wednesday, 3 June, 4 - 5 :30 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

#### **Stranger Safety for Children**

Thursday, 4 June, 3:30 pm, Bldg 148, SAS.

#### **Teen Support Group Meeting**

Tuesday, 9 June, 4 - 5 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

#### **New Parent Support Morning Playgroup**

Wednesdays, 10 and 24 June, 9 - 11 am at Child Development Center, Bldg. 348.

#### **Stress Management Class for Adults**

Thursday, 11 June, 4 -5 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

**For Teens Only: Managing your Stress** • Tuesday, 16 June, 3:30 - 4:30 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

#### **Family Support Group Meeting**

Thursday, 18 June, 4 - 5 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

#### **Anger Management Class for Adults**

• Thursday, 25 June, 4 - 5 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

#### **"Living with My Teenager" Class**

Tuesday, 30 June, 4:30 - 5:30 pm at Army Community Service, Bldg. 1019-D, Buchanan Heights.

For information or training request, please contact: Ms. Carmen Teresa Rivera, FAP Educator, 787-707-3698, Ms. Wilda Díaz, FAP Manager, 787-707-3709

#### **Sexual Assault Prevention & Response Program AR 600-20**

For military personnel only. • Awareness Training • Response to victims 24/7 **Emergency hotline 787-406-4222**

#### **Victim Advocate Services**

Support for victims of domestic violence and sexual assault. More information at 787-707-3709. For FAP & SAPR program related information call Ms. Wilda Díaz at 787-707-3709 or email: wilda.diaz@us.army.mil.



### Mission-

Facilitate the Commander's ability to provide comprehensive, coordinated, and responsive social services that support the readiness of Soldiers, civilian employees and their Families.

Chief: Mr. Rafael Gilestra  
Tel. 787-707-3292  
rafael.gilestra@us.army.mil  
• 7 am - 4:30 pm

The Army's Official website for military families is:  
**myarmylifetoo.com**

#### **Mini Library with Books on Family Issues and Self-help**

At ACS, Bldg. 1019, Buchanan Heights.  
For more information contact Adria Lucca at 787-707-3682/3697.

### Military & Family Life Consultants:

To help you with your daily living situations related to being part of the Army Community. Services are FREE and CONFIDENTIAL:

• Nina Martínez- Mondays - Fridays, 9 am - 5 pm, 787- 685-3423, Fort Buchanan & San Juan National Guard Center.

• Vanessa Villafañe- Mondays - Fridays, 9 am - 5 pm, 787-685-3429, Muñoz National Guard Base & Juana Díaz.

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# Sports and Fitness

## A Destination for the Adventurous!



## Scuba Diving Trip to Mona Island

**Saturday, 6 June**

Space for 25 advanced divers. Departing from Outdoor Recreation, Bldg. 67 at 4 am.

Fee: \$170 per person includes two tanks, two dives, soft drinks and a snack. (transportation to dive site not included.)

Deadline for payment is 28 May. Please call 787-552-7222 for more information.

## FITNESS CENTER EVENTS:

### Let the Sunshine In...

#### Zumba Class

Thursday, 11 June, 5:30 - 7 pm at the Sports & Fitness Center, Bldg. 167. See if you can keep up!

#### 1.5 hour Triple Threat Combo Class

Wednesday, 10 June, 4:30 pm at the Sports and Fitness Center, Bldg. 167. Three instructors will challenge you to do lower, upper body, and Zumba Express.

### Fitness Center Ongoing Schedule

#### Monday

5:30 am - Indoor Cycling  
12 noon - Indoor Cycling  
11 am - 1 pm - Racquetball Challenge  
3:30-5:30 pm - Pickup Basketball  
4:30 - Indoor Cycling  
5:30 pm - Zumba  
6:30 pm - Indoor Cycling

#### Wednesday

5:30 am - Indoor Cycling  
3:30 - 5:30 Pickup Basketball  
11 am - 1 pm - Racquetball Challenge  
4:30 pm - Indoor Cycling  
6 pm - Indoor Cycling

#### Friday

11:30 - 1 pm - Racquetball Challenge

3:30-5:30 pm - Pickup Basketball

#### Tuesday

5:30 am - Indoor Cycling  
9 - 10 am - Golden Age Challenge  
12 noon - Indoor Cycling  
4 - 7 pm - Racquetball Chall.  
5:30 pm - Dance Step

#### Thursday

5:30 am - Indoor Cycling  
9 - 10 am - Golden Age Challenge  
12 noon - Indoor Cycling  
3:30 - 5:30 Pickup Basketball  
4 - 7 pm - Racquetball Chall.  
4:30 pm - Indoor Cycling  
5:30 pm - Zumba

#### Saturday

9 am - Step Aerobics  
10:30 am - Indoor Cycling  
3 - 5:45 pm - Pickup Basketball

## SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

## GUITAR LESSONS



Dates:  
Monday thru Thursday  
Times:  
3 pm-4 pm or 4 pm-5 pm  
Location:  
Community Club-The Zone  
Cost:  
\$60 per month  
1 class per week  
Ages: 5-18

Register at:  
CYSS Central Enrollment Office,  
Bldg 1020, Buchanan Heights or  
call 787-707-3767

The Guitar Instructor is currently working on a Doctoral Degree in Music from Cornell University. Holds a Master's Degree in Music from Ithaca College and a Bachelor's Degree in Music from the University of Puerto Rico. Currently teaches Theory and Sight Singing, Guitar, and Composition at the University of Puerto Rico, Rio Piedras Campus.

## PIANO LESSONS



Dates:  
Monday thru Thursday  
Times:  
3 pm-4 pm or 4 pm-5 pm  
Location:  
Community Club-The Zone  
Cost:  
\$60 per month  
1 class per week  
Ages: 5-18

Register at:  
CYSS Central Enrollment Office,  
Bldg 1020, Buchanan Heights or  
call 787-707-3767

Piano Instructor holds a Bachelor's Degree in Music from the Puerto Rico Music Conservatory and a Master's Degree in Music from the University of Arizona

## TENNIS LESSONS



Dates and Times:  
Monday thru Friday  
3 pm-4 pm  
Saturday  
10 am to Noon  
Location:  
PMWR Tennis Court  
(right behind old gas station)  
Cost:  
\$80 per month  
1 class per week  
Ages: 5-18

Register at:  
CYSS Central Enrollment Office,  
Bldg 1020, Buchanan Heights or  
call 787-707-3767

The Tennis Instructor has over seven years of experience and is a member of the US Professional Tennis Association (USPTA). Also, the Tennis Instructor holds a BA in Education-Physical Education

Join us to celebrate Independence Day...



Featuring:

**July 4th**  
2 - 11 pm  
at AAFES/PX  
Parking Area



GRUPO MANIA



Tito Nieves



Zion and Lennox

- ★ Carnival Rides
- ★ Fireworks
- ★ Live Music
- ★ Kids Games
- ★ Inflatables
- ★ Food Vendors
- ★ Clowns
- ★ Popcorn
- ★ Cotton Candy
- ★ Climbing Wall
- ★ Paintball
- ★ DJ Music



For more information, please contact DFMWR at 787-707-3301 or 3215

## U.S. Army Veterinarian Services

Bldg. 676,  
Fort Buchanan  
787-707-2038/2039  
• Fax 787-707-2037  
Open  
Mon, Tue, Thu and Fri  
from 8 am - 3:30 pm  
Wed from 8 am - 2 pm  
Saturdays:  
open one Saturday per  
month  
Call for appointment  
787-707-2038



## ADULT SPORTS EVENTS:

### Dodgeball Tournament

Wednesday, 24 June, 9 am at the Sports and Fitness Center, Bldg. 167, Registration deadline: 27 & 28 June at the Fitness Center. Call 787-707-3767/3277

### Doubles Tennis Tournament

Wednesday, 10 June, 9 am at the Tennis Courts, Bldg. 369, Registration deadline: 13 & 14 June at the Fitness Center. Call 787-707-3767/3277



## Sports & Fitness

### Bldg. 167

**Hours of Operation:**  
Mon - Fri, 5 am - 9 pm  
Sat, 8 am - 6 pm • Sun,  
9 am - 5 pm  
Call for Holidays hours update.

### Racquetball Challenge:

Sign-up to challenge the winner of preceding games. Racquetball court is open to all participants; No individual reservations made during this period.

## Civilian Wellness Program:

Department of Defense employees are authorized work time up to 3 days per week, 1 hour a day, for 6 consecutive months to participate (once during employee's career). Enroll at the Fitness Center, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionnaire.

## Golden Age Program:

For patrons 50 years of age or over. Socialize and enjoy physical activities. Medical certificate required.



**Sports & Fitness Director:**  
Luis Robles, Bldg. 1020-C  
787-707-3277  
luis.robles@us.army.mil

**Fitness Center Manager:**  
Roberto Fernández, Bldg. 167  
787-707-3767

**Sports Specialist:**  
Juan Sanfeliz Jr.  
• 787-707-3277

## Outdoor Recreation

Scuba Gear, Games and Sports, Party Items, Camping and Miscellaneous articles for rent at nominal fees. **Save by renting!** Scuba Classes and monthly Scuba Trips also offered.

### Bldg. 67

### Hours of Operation:

• Mon, Thu, Fri & Sat:  
8 am - 4:30 pm.  
• Tue, Wed, Sun &  
Holidays: Closed  
For information call:  
787-707-3734 or  
787-552-7222



## Starting 25 May

Summer Season hours are Tuesday - Sunday from 10 am - 6 pm  
Visit us!  
Admission fee: \$5.50 adult (11 years and older)  
Children 4 - 10 years: \$3.50  
Under 3 years free





# Entertainment...



**BARBEQUE'S AT THE PATIO**  
Community Club & Conference Center

## THURSDAYS

4 - 9:15 pm

- Pork Ribs w/Rice n' Beans \$7
- Chicken w/Rice n' Beans \$7
- Angus Burger Combo \$5
- Hot Dog Combo \$4
- (Combos with Chips n' Drink)
- Corn on the Cob, Cole Slaw or Baked Potatoes (Sweet): \$1.50



**HELD INSIDE ON RAINY DAYS!**

For details call 787-707-3535, x-201

Fort Buchanan Community Club  
Conference Center

## FATHER'S DAY BUFFET

Sunday, 21 June  
11 am - 3 pm

*Delicious Food in a Family Environment...*

A very special event is being prepared for Dad!

For information please call 787-707-3535, x-201 or 206

Fort Buchanan Community Club  
Conference Center

## El Borinquen Lounge

### FRIDAYS

- "Social Hour" with Free Snacks from 4 - 6 pm
- Dance to the Caribbean beat! Relax, Play Pool or just chat with friends! 6 - 11 pm

## BINGO

1	29	42	71
5	16	34	31

•2K • 3K •4K JACKPOTS!  
Tuesdays & Thursdays  
games at 6 pm, cards  
sold at 5:30 pm.  
Community Club & Conference Center

**Attention Golf Club Members!**

**Bring a New Member by 15 June 2009**

**and receive \$200 discount off your next year's membership fees.**

*Fort Buchanan Golf Club Complex*



## June is Women's Golf Month

The Fort Buchanan Golf Course is honoring Women's Golf Month with a **Ladies' Tuesday Special**

Meet other ladies interested in learning golf or improving their golf game and having fun! Ladies' Tuesday begins on the 2nd of June with an introduction to golf, game tips and much more.

\$10 per lady.

\$ 5 for deployed Soldiers' wives when presenting proof of deployment.

Register at the Golf Shop or by calling 787-707-3852.



### Catering Office Hours

Tuesday - Friday,  
8 am - 3 pm.

**Saturdays by appointment only.**

Call 787-707-3535, x-206 for details.

### Buffet Lunch

Tuesday - Friday,  
11 am - 1 pm.

\$8 per person. An all you can eat buffet in a relaxed atmosphere!

### Bingo

Tuesday and Thursday, games at 6 pm, cards sold at 5:30 pm.

BUCHANAN BOWL

## "Comida Criolla"

for Lunch: Local favorites  
rice n' beans, tostones  
and more!

A different entrée daily, with a complement and soda for \$6

11 am - 2 pm  
Mondays thru Fridays

## Bowling Center Open Bowling

Mon - Thu • 1 - 10 pm  
Friday • 11 am - 1 am  
Sat • 11 am - 12 mn  
Sun • 11 am - 9 pm

### Cafe 300 (Snack Bar)

Mon - Thu • 11 am - 9 pm  
Fri • 11 am - 12 mn  
Sat • 10 am - 11 pm  
Sun • 11 am - 8 pm

### 11th Pin Bar

Thursday • 5 - 10 pm  
Friday • 5 - 12 midnight

Manager: Luis Torres

• Tel. 787-707-2695,  
787-707-BOWL

E-mail: luis.r.torres@us.army.mil



## Golf Course Complex

### Golf Club Snack Bar Lunch Specials

Mon - Fri, 10 am - 1 pm

### Pro-Shop

Sun - Sat, 6 am to 6 pm

Manager: Mr. Jim Doulin  
Tel. 787-707-3980, E-mail:  
jim.doulin@us.army.mil

# Special Events & BOSS...



## Father's Day Balloon Deliveries

Order now  
and let him know  
how much you care...

Deliveries only in Fort Buchanan,  
Monday - Friday, to order call  
787-707-3215  
or 3301

**I.A.M. STRONG**  
INTERVENE • ACT • MOTIVATE

**Sexual Assault and Sexual Harassment Prevention**

**INTERVENE**  
When I recognize a threat to my fellow Soldiers, I will have the personal courage to INTERVENE and prevent Sexual Assault. I will condemn acts of Sexual Harassment. I will not abide obscene gestures, language or behavior. I am a Warrior and a member of a team. I will INTERVENE.

**ACT**  
You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take ACTION. I will do what's right. I will prevent Sexual Harassment and Assault. I will not tolerate sexually offensive behavior. I will ACT.

**MOTIVATE**  
We are American Soldiers. MOTIVATED to keep our fellow Soldiers safe. It is our mission to prevent Sexual Harassment and Assault. We will denounce sexual misconduct. As Soldiers, we are all MOTIVATED to take action. We are strongest... together.

[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)  
Military OneSource • 1-800-342-9647

For selling spaces call:  
**787-707-3301**

**BOSS LEMON LOT**

Military personnel and DoD ID card holders can rent a space in the lot to sell their car, truck or motorcycle. The lot is located at the end of the Commissary (DECA) parking lot near the gate. All vehicles must be properly registered and must have a permit from DFMWR at Bldg. 390, 1st floor. Proof of ownership must be presented at the time of registration.

Fee: \$30 per month. For more information please contact **787-707-3301** or **3215**.



### Library

**Operating Hours:**  
Mon - Thu 10 am - 8 pm  
Fri 10 am - 6 pm  
Sat 10 - 5 pm  
Sun & Hol Closed

Acting Manager: Eva Cabañas  
• Telephone: 787-707-3208  
• Fax: 787-707-3480/3210  
• E-mail: [eva.cabanass@us.army.mil](mailto:eva.cabanass@us.army.mil)

### Kids - Create Your Own Book!

Books by You which inspires the love of reading and writing in children as they create and publish their own books. To learn more about Books by You, visit or call the Library at (787)707-3208.

Customers' first choice of new books and DVD selections, **1 June**, 10 am.

## Kids join the "Planet Explorers" Summer Reading Club

(For ages 3 - 9 years old)  
Starting 17 June at 3 pm! Sign up at the Post Library beginning June 1st and join us. The Summer Reading Club will teach ways to reuse, reduce, recycle and help our planet. Stay tuned for more information to come! For details visit the Post Library or call 787-707-3208. For more information, visit or call the Library at (787)707-3208.

### Computer Orientations @ the Library

To assist customers in accessing public computers and reference resources, the Fort Buchanan Library will be offering computer orientations on different subjects. Our next orientation will be conducted Wed, 3 June at 10 am. For details, visit or call the Library at (787)707-3208.

**Library Coupon Club** - Come and join us in learning how to save money on your grocery bill on Thursday, June 25, 11 am - 12 noon. Learn where to find coupons, how to organize them, how to maximize your savings, and more! For more information, visit or call the Library at (787)707-3208.

### DVD Releases for June 2009

• The Last Word • Seven Pounds • Rachel Getting Married • How About You • OZ Complete Fifth Season • Hounddog • Bolt • Beethoven's Big Break • Nights In Rodanthe • Alejandro Sanz Unplugged • Live And Become • The Secrets • Center Stage: Turn It Up • Visions Of Italy • Visions Of Sicily • Bedtime Stories • The Reader • Santana: Live By Request • American High School • Australia • The Tale Of Despereaux • Jewel: Essential Songbook (Blu-ray) • Fast And The Furious (Blu-ray) • Fast And The Furious 2 (Blu-ray) • Fast And The Furious 3 (Blu-ray) • Mirrors Unrated (Blu-ray) • Transporter 3 (Blu-ray) • Slumdog Millionaire (Blu-ray) • Jet Li's The One (Blu-ray) • UFC Best Of 2008 (Blu-ray)

**AUTOMOTIVE SKILLS CENTER**

**THURSDAYS OIL CHANGE SPECIAL**  
• ONLY \$8  
(You must bring oil and filter purchased at AAFES gas station)  
Saturdays, Mondays, Tuesdays, Wednesdays & Fridays will cost the regular price of \$12

### Automotive Skills Center

Access to use a variety of state of the art tools and equipment for a nominal fee. Learn to perform various types of repairs to your vehicle with highly knowledgeable staff.

**Bldg. 159**  
**Operating Hours:**  
Mon - Fri 9 am - 6 pm  
Sat 8 am - 5 pm  
Sundays and Holidays Closed  
Clean-up time starts 30 minutes before closing.

Manager: Stanley Brown  
• Telephone: 787-707-3972

## Automotive Skills Center

**THURSDAY SPECIALS**  
**1 - 6 PM**

Thu 4 June  
• **Autolift Usage**  
**Half Price \$2**  
Reg. Price: \$4 per hour

Thu 11 June  
• **Diagnostic Test**  
**Half Price \$15**  
Reg. Price \$30

Thu 18 • **Autolift Usage**  
**Half Price \$2**  
Reg. Price: \$4 per hour

Thu 25 June  
• **\$5 Discount on Air-Conditioner Check-up, discount price \$25**  
Reg. Price: \$30 per car

Use of Facility Fee: \$1.25 per hour. For more information call ASC at

**787-707-3972**

**JUNE 2009 6**



# for our Children and Youth

## Did You Know?

FREE Child Care is now available for Family Readiness Group (FRG) members!



**ARMY CYSS**  
U.S. Army Child, Youth & School Services



• Participate in FRG meetings and activities

• Child Care available through Garrison Child Care Programs

• To find out more contact Child Youth & School (CYS) Services

Call 787-707-3434  
Fort Buchanan  
CYSS CLEOS Director

Army Family  
Covenant

## CHILD AND YOUTH SERVICES USDA CACFP INCOME ELIGIBILITY GUIDELINES

The Fort Buchanan Child, Youth and School Services announces its continued participation in the Child and Adult Care Food Program sponsored by the Department of Education. The Nutrition programs are operated in accordance with U.S. Department of Agriculture policy, which prohibits discrimination on the basis of race, color, national origin, sex, age disability and or reprisal. If a CYS patron feels he/she has been discriminated against, he may submit a Civil Rights Complaint form to one of the following addresses:

USDA, Director Office of Civil Rights  
Room 326-W

Whitten Building 14th and  
Independence Avenue SW  
Washington, D.C. 20250-9410

or  
Department of Education  
Commonwealth of Puerto Rico  
Child Care Food Program  
P.O. Box 190759  
San Juan, PR 00919-0759

or  
Department of the Army  
IMSE-BUC-MWC  
Child & Youth Services  
Bldg. 1020 A/B, García St.  
Buchanan Heights  
Fort Buchanan, PR 00934

USDA Program is offered in the following centers:  
Child Development Center Bldg 348  
School Age Services Bldg 148  
Family Child Care Bldg 348

CYS Customers must fill out the USDA application form to determine eligibility based on free or reduce category.  
Income Eligibility Guidelines  
Effective 1 July 2009 to 30 June 2010

Household Size	Free Meals Annual - Monthly	Reduced Price Meals Annual - Monthly
1	14,079 - 1,174	20,036 - 1,670
2	18,941 - 1,579	26,955 - 2,247
3	23,803 - 1,984	33,874 - 2,823
4	28,665 - 2,389	40,793 - 3,400
5	33,527 - 2,794	47,712 - 3,976
6	38,389 - 3,200	54,631 - 4,553
7	43,251 - 3,605	61,500 - 5,130
8	48,113 - 4,010	68,469 - 5,706
Please add for each additional member	+4,862	+6,919

## For Teens only... Catamaran Trip

5 June 2009. Transportation, Catamaran Trip and Lunch Buffet for \$25 per teen.  
For information call CYSS Central Enrollment Office at 787-707-3787/3826, Mon thru Fri, 8 am - 5 pm.

## Scuba for Youth Ages 14 - 18 years

**Clinic dates: 8 - 12 June**  
Time to be determined.  
Cost: \$150 per course.  
Please call 787-707-3787 or 3434 for dates or more information.

**Fort Buchanan YOUTH SUMMER CAMPS**  
REGISTRATION BEGINS 1 APRIL 2009  
School Age Services  
SAS Grades K - 5th  
Middle School/Teens  
MSP & Teens Grades 6th - 12th

**SPORTS**  
**FIELD TRIPS**  
**LIFE SKILL ACTIVITIES**  
**ARTS & CRAFTS**  
**EDUCATIONAL FUN!**

**Fees include:**  
• Breakfast  
• Lunch  
• Snacks  
• T-shirts

SAS Fees based on income categories.  
MSP/Teens camps \$110 per week  
Offering 9 weeks of camp from 8 June through 7 August.  
Register at CY&S Services, Bldg. 1020, García Street, Buchanan Heights, Monday through Friday, 8 am - 5 pm.  
Call 787-707-3787 for more details.

**BASKETBALL CAMP**  
Registrations from 25 May to 31 July 2009  
Camp dates: 3 - 6 August  
For youth 7 to 14 years of age.  
Fee: \$30 per youth.  
Register at CYSS Central Enrollment Office, Bldg. 1020, Buchanan Heights, Mon - Fri, 8 am - 5 pm.  
Must provide a copy of immunization records, birth certificate and updated physical.



## Scrapbooking Clinics

**For Children Ages 5 - 10**

**Clinic dates 8 - 12 June, 10 am - 12 noon.**

Learn how to mat and crop, photos, create titles, page layouts, & design, and how to use embellishments. \$25 per child (includes supplies and snacks) Held at Bldg. 1020-A, Buchanan Heights. Registrations until 5 June at CYSS Central Enrollment Office, Bldg. 1020-B, Buchanan Heights. Maximum of 10 youth per clinic.

**For Youth Ages 11 - 18**

**Clinic dates 15 - 19 June, 1 - 3 pm**

Learn how to mat and crop, page layouts and design, digital photography, how to use embellishments and some marketing tips. \$25 per youth (includes supplies and snacks) Held at Bldg. 1020-A, Buchanan Heights. Registrations until 5 June at CYSS Central Enrollment Office, Bldg. 1020-B, Buchanan Heights. Maximum of 10 youth per clinic.

## 707-KIDS

A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

## Intense Summer Soccer Clinics

• **For children ages 6 - 8, clinic dates 22- 26 June '09**

9 am - noon daily at Antilles Middle School Soccer Field.  
• Skill Building • Team Concept • Learn to Pass • Overcoming fear of the ball • Putting the ball into play, Soccer positions and more... Register now until 15 June.

• **For youth ages 9 - 12, clinic dates 13 - 17 July '09**

9 am - noon daily at Antilles Middle School Soccer Field.  
• Advanced Skill Building • Zig Zag Run and Pass • Team building and concept • Knowing when to pass • Learn and develop your best position • Communicating on the field • Head Kicks

Register now until 6 July.  
Cost: \$20 per youth.

Call 787-707-3466 for details.

## Basketball Registration

For ages 4 - 18. Registrations until 1 September 2009. Season dates: 19 September to 14 November. Fee: \$50 active duty/ \$60 all others. For more information call CYSS Central Enrollment Office, 787-707-3787/3826, Mon thru Fri, 8 am - 5 pm.

To register you must provide copy of immunization records, birth certificate and updated physical.

## Hourly Care

CYSS has hourly care available for children and youth ages 6 weeks thru 12 years old. Cost: For ages 6 weeks thru 5 years old \$4 per hour; 6 years thru 12 years old \$3 per hour. For more information about these and other CYSS programs, please contact CYSS Central Registration Office at 787-707-3787 or 3434.

## Child, Youth and School Services contacts:

- **CYS Chief,**  
Dr. Irma Julia, 787-707-3399
- **Sports & Fitness Director,**  
Ms. Arlene Muñoz, 787-707-3466
- **CDS Coordinator,**  
Ms. Carmen Dieppa, 787-707-3598
- **SAS Director,**  
Ms. María Martínez, 787-707-3280
- **Youth Services Director**  
Mrs. Aida Aguilú, 787-707-3783
- **CLEOS**  
Mrs. Gladys Colón, 787-707-3434
- **Functional Technology Specialist,**  
Ms. Cathleen Hamberg, 787-707-3432
- **Teen Center Recreation Specialist,**  
Ms. Mildred Pérez, 787-707-3826